



Erla Palmer Young (1917-2004)

A rare and exquisite bird has flown away from us today. Erla Palmer Young, 87, died peacefully on Nov. 12, 2004, from complications associated with a sudden stroke.

Born Oct. 29, 1917, in Logan, the eldest child of George Earl Palmer and Elmina Taylor. She was raised in Kaysville, Davis County, and lived and studied in Washington, D.C. (at the Critchner Art Academy), before settling as a commercial artist/designer in Salt Lake City. She fell in love with Brigham Spencer Young, and the two were married on Dec. 28, 1940, in the Salt Lake Temple. They were married for sixty-four years, filled with love, challenges, triumphs, mutual respect, and legacy. Her "Spence" passed away on May 23, 2004. Erla was blessed to find another special companion for the last few months of her life, marrying Richard B. Young on Oct. 8, 2004,

in Mesquite, NV, and sharing a brief but joyous union.

Survived by her husband, Richard; her brother, George Richard Palmer (Barbara); her four children: Susan Young, M'Lisa Joy Paulsen (Craig), Brigham Spencer Young Jr. (Julie Fuhrman), and Marcie Beth Little (Brent); her 12 grandchildren and her 8 great-grandchildren, all of whom brought her immense joy, and each of whom she touched in profound ways.

Erla was a visionary. She practiced and excelled at virtually every form of artistic endeavor. In the course of her professional life, she was a commercial artist for ZCMI, Castleton's, and numerous LDS Church publications. She was a fashion designer and an excellent seamstress, creating and selling her own line of gowns at her SLC store "Artista" in the 60s. She designed and built several homes on Salt Lake's East Bench. She was an

extraordinary writer and poet, publishing numerous essays, poems, scripts and several books. She is perhaps best known for her collaboration with Murielle Ashton and Alene Dalton in the celebrated children's songbook "My Picture Book of Songs", and for the children's pioneer tale "Betsy Buttons"—of which she owned the original doll. Erla was a natural musician—always able to tease a pleasing melody from whatever instrument was at hand. She was an excellent photographer, with an eye for beauty hidden within often-familiar scenes. It was that eye, too, that served her well as a fine artist. Erla's landscape paintings won numerous national and local awards, and hang in museums, corporate offices, and private collections. For all of her talents, Erla was always willing to share her insight and technique. She taught art and design classes at Brigham Young University, the University of Utah, and in her private studios. She was a patient and inspiring instructor.

Erla also had a passion for community. Along with her husband, Spence, she put in many hours to help Midway, develop visual monuments to its heritage. She designed the dolls of the glockenspiel, painted the Swiss mural at the old Burgermeister, and depicted artistic motifs on Swiss Days posters, t-shirts, and programs. She loved her own Scandinavian heritage, but was pleased to honor the pioneering spirit in all people that she met.

She was active in the LDS

Church and volunteered herself in whatever capacity she was needed: as artist, as teacher, as personal confidant. She served a memorable mission with Spencer to the Truk Islands of Micronesia, where she fell in love with the people and the sunsets. Erla defied easy description: she was a philosopher, and a palm-reader; an idealist, and a shoulder to cry on. She made traditional Danish ebleskevers, and improvised on the recipe for her own famous bread. She loved wild birds and Maltese lapdogs. She was a strong and independent woman, and a beautiful, delicate butterfly. She dedicated her life to beauty: in nature, in humanity, in literature—and in life itself. She was loved and admired by so many, and for so many reasons, that we stand in awe of the woman she was, and is. We are surprised by her sudden passing, but know that her talent, strength of character, and unconditional love are needed in the place to which she has flown to. We will miss her every day.

A viewing was held on Tuesday, Nov. 16, at the Olpin-Hoopes Mortuary, located at 288 N. Main Street in Heber City. Funeral services were held in the Midway Fifth Ward chapel, 165 N. Center in Midway, on Thursday, Nov. 18. Interment followed in the Midway City Cemetery under the direction of Metcalf Mortuary (435) 673-4221. In lieu of flowers send donation to the Hillcrest Care Center, 348 E. 8000 S. Sandy, UT, 84070 (801) 566-4191. Condolences may be sent through Metcalf website at www.metcalfmortuary.com

Facts You Should Know About Second Hand Smoke

Secondhand smoke is a toxic cocktail consisting of poisons and carcinogens. There are over 4,000 chemical compounds in secondhand smoke; 200 of which are known to be poisonous, and upwards of 60 have been identified as carcinogens.

When a cigarette is smoked, about half of the smoke is inhaled/exhaled by the smoker and the other half floats around in the air. Environmental tobacco smoke or secondhand smoke plays a part in more health problems than you might realize.

The U.S. Environment Protection Agency (EPA) has classified secondhand smoke as a Group A carcinogen.

Cancers linked to passive smoking include:

- Lung cancer—3,000 people who do not smoke die every year from lung cancer caused by ETS
- Nasal sinus cavity cancer
- Cancer of the cervix
- Breast cancer
- Bladder cancer

Secondhand smoke also causes heart disease—an estimated 35,000 to 40,000 deaths are caused from heart disease in people who are not current smokers, but who are exposed to ETS.

Children exposed to secondhand smoke are at greater risk of

- Low birthweight for gestational age
- Sudden Infant Death Syndrome (SIDS)—approximately 120 cases per year are attributed to babies breathing in the toxic air created from a cigarette smoked nearby.
- Acute lower respiratory tract infections—the EPA estimates that passive smoking is responsible for between 150,000 and 300,000 of these infections in children under 18 months annually
- Asthma—the EPA estimates that between 200,000 and 1,000,000 kids with asthma have their condition worsened by secondhand smoke. Passive smoking may also be responsible for thousands of new cases of asthma every year
- Chronic respiratory symptoms
- Middle ear infections—exposure to ETS causes buildup of fluid in the middle ear, resulting in 700,000 to 1.6 million physician office visits yearly.

Secondhand smoke is serious business, and should be a concern for anyone who breathes it in. Nonsmokers breathing secondhand smoke share some of the health risks smokers face. But smokers do face the worst of it—the risks of smoking com-

Heber Valley Medical Center Offers Diabetes Services

"When the doctor told me I was diabetic, I didn't believe him," said Joe Coleman. Coleman, of Heber City, was diagnosed on Sept. 10 of this year with Type II Diabetes.

He didn't believe the doctor because up until a few weeks before his initial diagnosis he'd been checking his blood sugar levels right alongside of his wife.

After his initial diagnosis, Coleman checked his own blood sugar levels and there was the proof—his levels were elevated.

"For the past little while, I've been borderline diabetic. So I would check my blood sugar levels at least once a week when my wife checked hers. I've never had elevated levels before," Coleman states.

He wonders if the weight gain he's experienced pushed him over the edge.

He had noticed other symptoms like excessive urination at night, weight gain and unquenchable thirst.

What is Diabetes?

According to the American Diabetes Association, diabetes is a condition in which the body does not make enough insulin or does not use the hormone properly. Insulin is a hormone that is needed to convert sugar, starches and other food into energy.

environmental factors, showing that diet, exercise and weight play a major role. And as with any aspect of health, if you're willing to take care of yourself, you can decrease your chances of suffering from complications caused by diabetes, or even prolong the onset of Type II diabetes.

When following the advice and procedures prescribed, those suffering from diabetes can feel the physical distress lessen.

For Coleman, the payoff was immediate. "Although the exercise was the most difficult element to add to my lifestyle. I feel a little better—I just have a better overall feeling," Coleman said.

Coleman is just one of the nearly 33,000 Utahans diagnosed with diabetes. It is estimated that another 29,410 people have diabetes and are unaware of this chronic illness that could be life-threatening.

Often diabetes goes undiagnosed because many of its symptoms seem so harmless.

Recent studies indicate the early detection and treatment can decrease the chance of developing the severe complications of diabetes.

Some of the more common symptoms include: frequent uri-